

Abstract

The Master's thesis entitled "Gestational Diabetes Diet" deals with the issue of eating habits and a lifestyle of women diagnosed with gestational diabetes mellitus during pregnancy.

The theoretical part of the thesis describes the definition, causes and a mechanism of origin, consequences for mother and fetus and also deals with the diagnostic procedures and all possibilities of treatment of this disease. In this part, the diagnostic method analyzed by using the oGTT stress test and a diabetic diet - that together with other preventive measures (mainly physical activity) is the first choice in the treatment of pregnancy diabetes – are described in more details.

The practical part of this master's thesis contains the results of a questionnaire survey in two groups of pregnant women - with already diagnosed gestational diabetes and before its diagnosis in the oGTT test. It also contains the results of the analysis of women with GDM diets. The analysis were processed by the NutriPro Expert diet program and the results are then compared with the current nutritional recommendations of the Czech Republic for pregnant and nursing women.

The aim of this work was to map the eating habits and lifestyle of women with gestational diabetes and find out whether they meet current nutritional recommendations or not. Another aim was also to compare the eating habits and lifestyle of women with GDM with the eating habits and lifestyle of pregnant women before diagnosing the disease, and to find out whether there is a possible link between the development of disease and eating habits and the lifestyle of women.

The results of this thesis have shown that no particular food or activity itself can be identified as harmful but that this disease is the result of a generally inappropriate lifestyle including inadequate consumption of vegetable and fruits, lack of fiber, lack of movement or inappropriate fat composition. In addition, it has been found that although patients do comply with the limitations of carbohydrates, they do not have enough energy, protein, or some vitamins and minerals in their diet.

Keywords:

Gestational Diabetes; Pregnancy; Insulin Resistance; Eating Habits; Diabetic Diet